

Interest Self Assessment Exercise

Step 1: For each theme, check those that describe you.

| R Total = | | |
|--|--|---|
| Are You: | Can You: | Like To: |
| <input type="checkbox"/> Practical | <input type="checkbox"/> Fix electrical things | <input type="checkbox"/> Tinker w/mechanics |
| <input type="checkbox"/> Athletic | <input type="checkbox"/> Solve mechanical problems | <input type="checkbox"/> Work outdoors |
| <input type="checkbox"/> Straight forward | <input type="checkbox"/> Pitch a tent | <input type="checkbox"/> Be physically active |
| <input type="checkbox"/> Mechanically inclined | <input type="checkbox"/> Play a sport | <input type="checkbox"/> Use your hands |
| <input type="checkbox"/> A nature lover | <input type="checkbox"/> Read a blueprint | <input type="checkbox"/> Build things |
| <input type="checkbox"/> Operate tools and machinery | <input type="checkbox"/> Work on cars | |

| I Total = | | |
|--|---|---|
| Are You: | Can You: | Like To: |
| <input type="checkbox"/> Inquisitive | <input type="checkbox"/> Think abstractly | <input type="checkbox"/> Explore ideas |
| <input type="checkbox"/> Analytical | <input type="checkbox"/> Solve math problems | <input type="checkbox"/> Use computers |
| <input type="checkbox"/> Scientific | <input type="checkbox"/> Understand physical theories | <input type="checkbox"/> Work independently |
| <input type="checkbox"/> Observant | <input type="checkbox"/> Do complex calculations | <input type="checkbox"/> Perform lab experiments |
| <input type="checkbox"/> Precise | <input type="checkbox"/> Use a microscope | <input type="checkbox"/> Read scientific or technical magazines |
| <input type="checkbox"/> Operate tools and machinery | <input type="checkbox"/> Work on cars | |
| | <input type="checkbox"/> Analyze data | |

| A Total = | | |
|---|---|--|
| Are You: | Can You: | Like To: |
| <input type="checkbox"/> Creative | <input type="checkbox"/> Sketch, draw, paint | <input type="checkbox"/> Attend concerts, theatres, art exhibits |
| <input type="checkbox"/> Intuitive | <input type="checkbox"/> Play a musical instrument | <input type="checkbox"/> Read fiction, plays, poetry |
| <input type="checkbox"/> Imaginative | <input type="checkbox"/> Write stories, poetry, music, sing, act, dance | <input type="checkbox"/> Work on crafts |
| <input type="checkbox"/> Innovative | <input type="checkbox"/> Design fashions or interiors | <input type="checkbox"/> Take photographs |
| <input type="checkbox"/> An individualist | | <input type="checkbox"/> Express yourself creatively |

| S Total = | | |
|---------------|--------------------------------|---------------------------|
| Are You: | Can You: | Like To: |
| Friendly | Teach/train others | Work in groups |
| Helpful | Express yourself clearly | Help people with problems |
| Idealistic | Lead a group discussion | Participate in meetings |
| Insightful | Mediate disputes | Do volunteer service |
| Outgoing | Plan and supervise an activity | Work with young people |
| Understanding | Cooperate well with others | Play team sports |

| E Total = | | |
|----------------|---------------------------------------|-----------------------------------|
| Are You: | Can You: | Like To: |
| Self confident | Initiate projects | Make decisions affecting others |
| Assertive | Convince people to do things your way | Be elected to office |
| Sociable | Sell things or promote ideas | Win a leadership or sales award |
| Persuasive | Give talks or speeches | Start your own political campaign |
| Enthusiastic | Organize activities and events | Meet important people |
| Energetic | Lead a group | |

| C Total = | | |
|----------------------|--|-----------------------------------|
| Are You: | Can You: | Like To: |
| Well groomed | Work well within a system | Follow clearly defined procedures |
| Accurate | Do a lot of paper work in a short time | Use data processing equipment |
| Numerically inclined | Keep accurate records | Work with numbers |
| Methodical | Use a computer terminal | Type or take shorthand |
| Conscientious | Write effective business letters | Be responsible for details |
| Efficient | | |

Step 2: Total the items checked for each theme/category. Identify the top 2 categories/themes that create the most accurate picture of you.

My top 2 categories/themes are: _____ and _____

Characteristics of RIASEC Types

REALISTIC

- Robust, rugged, practical, physically strong
- Uncomfortable in social settings
- Good motor coordination
- Weak verbal and interpersonal skills
- See themselves as mechanically and athletically inclined
- Stable, natural, persistent
- Prefer concrete to abstract problems
- Have conventional political and economic goals
- Rarely perform creatively in the arts or science
- Like to build things with tools
- Like to work outdoors
- Cool to radical new ideas
- Like to work with big, powerful machines
- Buy boats, campers, snowmobiles, motorcycles

INVESTIGATIVE

- Scientific orientation
- Task-oriented, all wrapped up in their work
- Introspective and asocial
- Think through rather than act out a problem
- Strong need to understand the world
- Enjoy ambiguous tasks
- Prefer to work independently
- Have unconventional attitudes
- See themselves as lacking in leadership skills
- Confident of their intellectual abilities
- Analytical, curious, reserved, independent
- Great dislike for repetitive activities
- Buy telescopes, calculators, electronic equipment

ARTISTIC

- Like art, music, drama, other creative interests
- Prefer free, unstructured situations
- Impulsive, non-conforming, independent
- Adverse to rules
- Deal with problems through self-expression in art
- Value beauty and aesthetic qualities
- Expressive, original, intuitive
- Like to work in free environments
- Like small, intimate groups
- Willing to take risks to try something new
- Dress in freer styles than other people
- Have need for individualistic expression
- Not assertive about own capabilities
- Sensitive and emotional
- Spend money on art objects—books, paintings, DVD's, CD's

SOCIAL

- Sociable, responsible, humanistic, religious
- Like to work in groups
- Have verbal and interpersonal skills
- Avoid both intellectual problem-solving and physical exertion
- Enjoy healing, developing, training, or enlightening others
- Understanding, helpful, idealistic
- Dislike working with machines or in highly structured situations
- Like to discuss philosophic questions
- Concerned with the welfare of others
- Cooperative, friendly, generous
- Attend workshops, other group experiences

ENTERPRISING

- Good verbal skills, persuasive
- Strong leaders
- Avoid work involving long periods of intellectual effort
- Strong drive to attain organizational goals
- Concerned with power, status, and leadership
- Aggressive, popular, sociable, self-confident
- High energy level
- Adventuresome, ambitious
- Enjoy making things happen
- Value money and material possessions
- Dislike science and systematic thinking
- Buy big cars, nice clothes, country club memberships

CONVENTIONAL

- Prefer well-ordered environments
- Like systematic, verbal and numerical activities—avoid ambiguous situations and problems
- Conscientious, efficient, practical
- Identify with power
- Value material possessions and status
- Orderly, persistent, calm
- Adverse to free, unsystematic, exploratory behavior in new areas
- Do not seek outside leadership
- Stable, controlled, dependable
- Most effective at well-defined tasks
- Save money, buy conservatively

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<http://jobs.utah.gov/opencms/vl/pubs/employmentcounselors/holland.pdf>